

proselytes. Far from this! The intent is to let the reader have the benefit (hygienic) of the facts *per se*, and, if possible, to let him profit by them from a medical point of view. And, in order to have a systematic and practical knowledge of the Mosaic Sanitary Laws, and to obviate, at the same time, the risk of encroaching one part upon the other, I shall first relate some of the various minor and sundry observances and customs, and then the regulations regarding Diet will be considered.

One of the most striking features of the Mosaic Laws, that are brought to the notice of the reader, is the number of times that the words, "to wash the hands," are repeated. Thus, among orthodox Hebrews the hands are always washed after micturating or after defecating. When one has been in the presence of a dead body or has touched the corpse, he or she is prohibited from entering another house till they have washed. An orthodox Hebrew is required to wash his hands immediately before taking of food. On rising from bed, after sleep, he is commanded not to touch any part of his face, such as, in rubbing the eyes, the nose, etc., until he has washed his hands, at least. After cleaning or paring the finger-nails, it is also enjoined that the hands be washed. And an orthodox Jew is expected invariably to have his head covered, when eating. There is also a custom that, after eating fish, one must wash the hands, and rinse the mouth, before eating meat.

All these regulations, as is now apparent, are incorporated in the religion of this race, i.e., they are, therefore, more obeyed than if left to the option of the individual. And they have an important bearing on hygiene. Even that medical student who has but the rudiments of bacteriological knowledge can immediately grasp the sanitary significance of these few sundry laws which I have selected from a multitude. What person is there, medical or lay, who is not aware of the fact that, in the act of micturition or of defecation, the hands, while coming in contact with the external genitals, invariably become infected? And who cannot understand that, unless the hands be washed, he will thus contaminate his food or he will bring contagion to any other part of his own body, if not of another individual? The same explanation also suffices for washing the hands on awakening from sleep. As for cleansing after being in proximity to or in contact with a corpse, it is quite well known that it takes only twenty-four hours, at most, before the body (after death) becomes wholly invaded with all kinds of bacteria, chiefly putrefying; and the animal body is by no means a bad medium for the growth of the majority of pathogenic bacteria. So that these rules so far as the average, uninitiated laity are capable of carrying out,